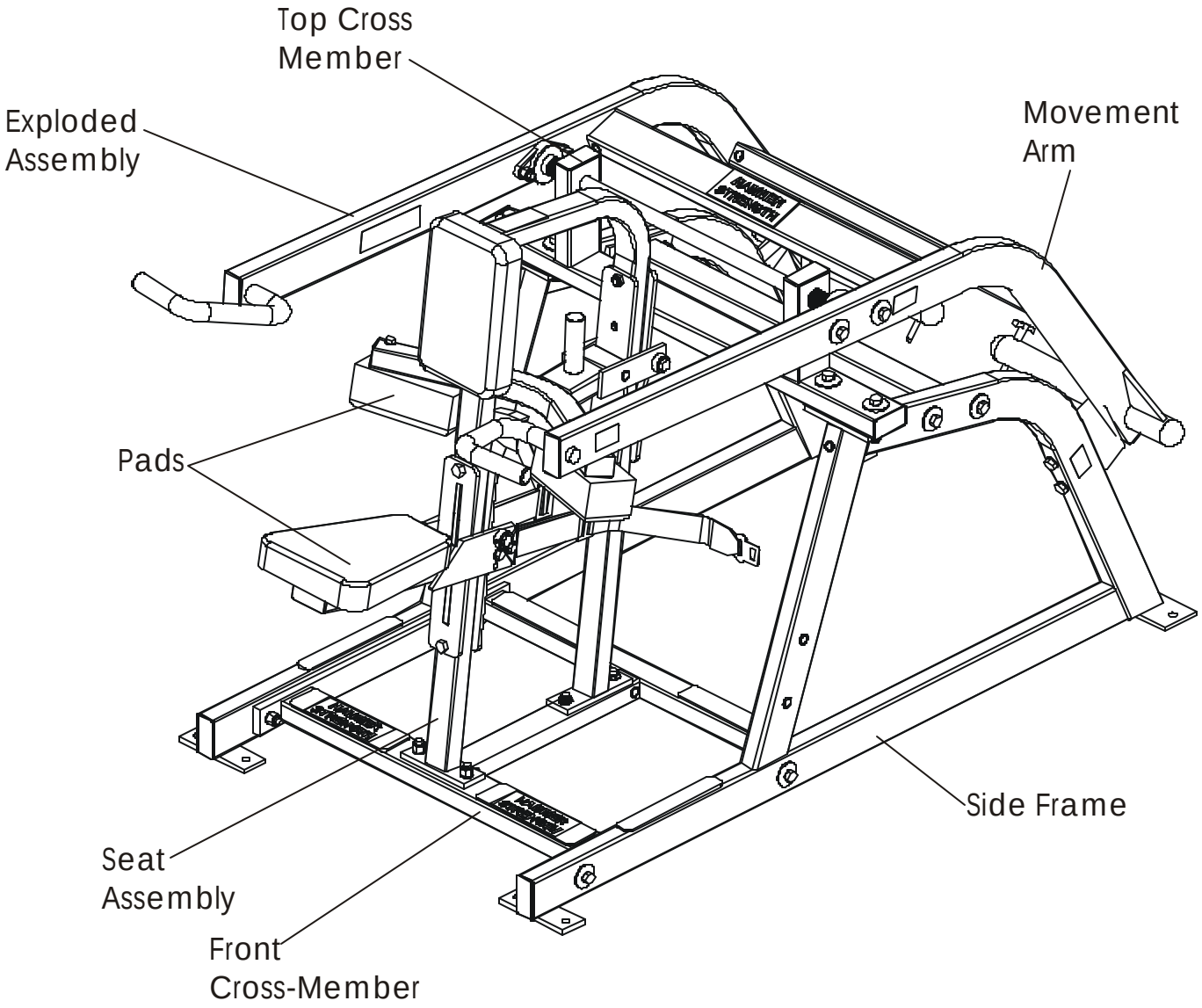
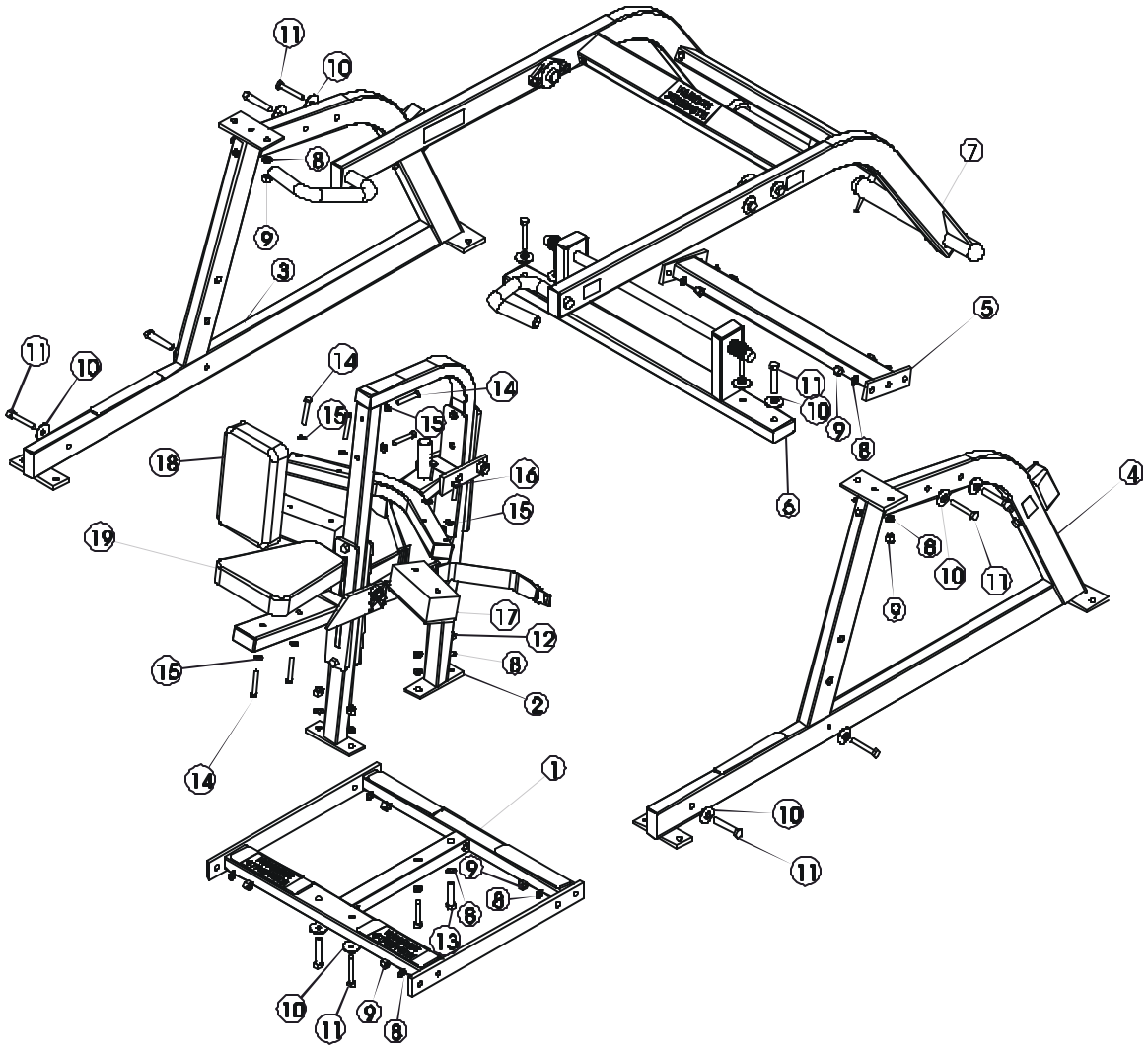
HAMMER STRENGTH EQUIPMENT
PLDIP - Plate Loaded Seated Dip Assembly

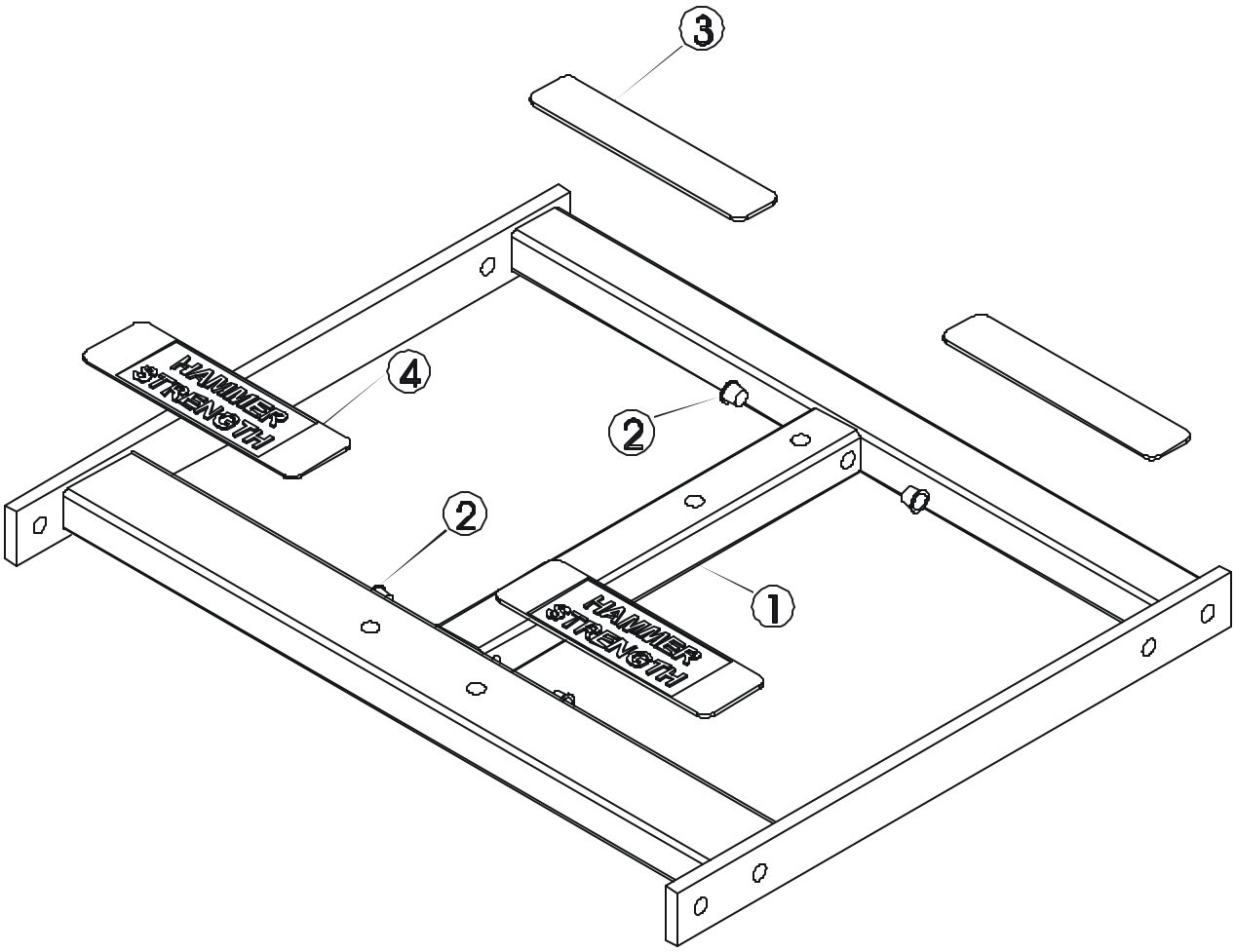


HAMMER STRENGTH EQUIPMENT
PLDIP - Exploded Assembly



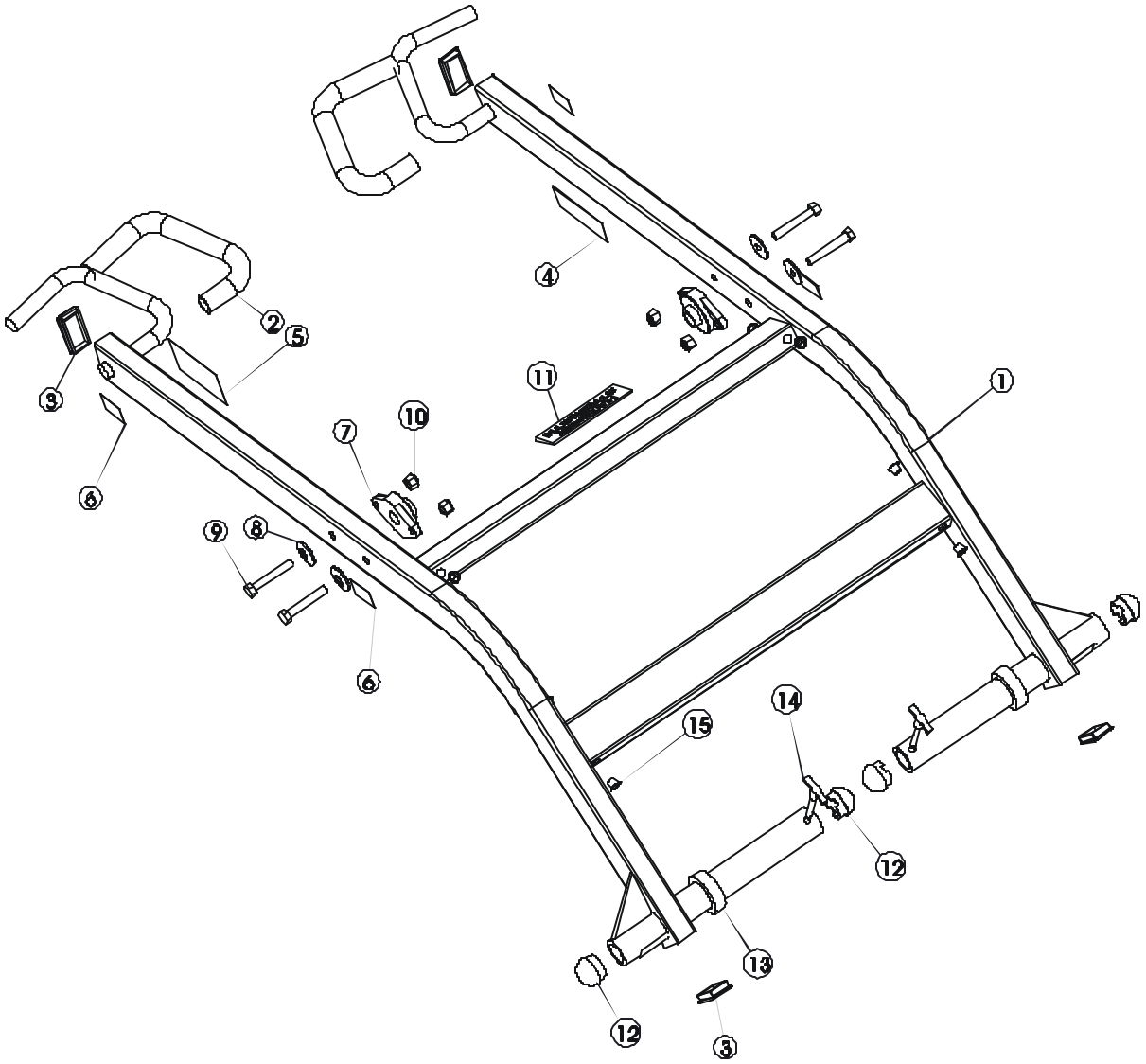
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLDIP-CFX-0	ASSM FRONT CROSSMEMBER
2	1	PLDIP-CST-0	ASSM SEAT FRAME
3	1	PLDIP-CSFL-0	ASSM LEFT SIDE FRAME
4	1	PLDIP-CSFR-0	ASSM RIGHT SIDE FRAME
5	1	PLDIP-BX-0	
6	1	PLDIP-CTX-0	ASSM TOP CROSSMEMBER
7	1	PLDIP-CMA-0	
8	18	WASH.5STAR	1/2" Internal Lock Washer
9	14	NUT.5LOCK	1/2" Thick Lock Nut
10	14	H-BACK-WASH	Backing Washer
11	14	HHB.5X3	1/2 X 3 Bolt
12	2	NUT.5JAMLOCK	1/2" Thin Lock Nut
13	2	HHB.5X2.5	1/2 X 2 1/2 Bolt
14	6	HHB.375X2.5	3/8 X 2 1/2 Bolt
15	8	WASH.375SAE	3/8" SAE Flat Washer
16	2	HHB.375X1.5	3/8 X 1 1/2 Bolt
17	2	U4W	Knee Pad
18	1	U10-4.5	11" Rectangular Pad
19	1	U12-5	12" Triangular Pad

HAMMER STRENGTH EQUIPMENT
PLDIP - Front Cross-Member



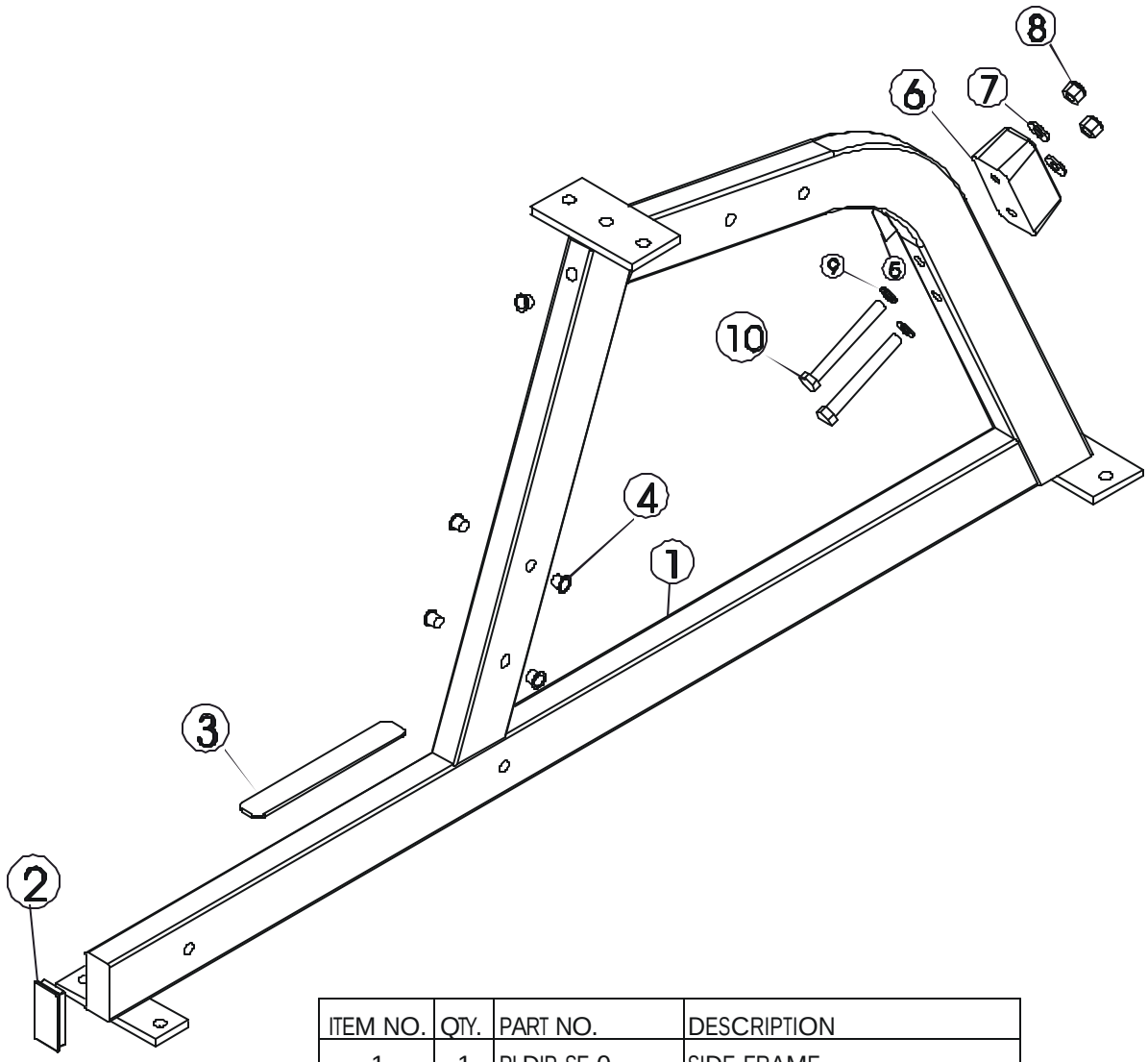
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLDIP-FX-0	FRONT CROSSMEMBER
2	4	H-HPLUG	9/16" Hole Plug
3	2	H-NONSKID2	1 3/4 X 9 Nonskid
4	2	H-NONSKID3	2 5/8 X 9 Nonskid

HAMMER STRENGTH EQUIPMENT
PLDIP - Movement Arm



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLDIP-MA-0	MOVEMENT ARM
2	2	H-GRIP(PLDIP-B00)	ILCB Handlebar 2
3	4	H-PEND3	1 1/2 X 3 End Cap
4	1	SEATED DIP	Product Decal
5	1	WARNING LARGE-H	Large Warning Hor
6	6	STAY CLEAR	Stay Clear Decal
7	2	H-BEAR-SML	Small Bearing
8	4	H-BACK-WASH	Backing Washer
9	4	HHB.5X3	1/2 X 3 Bolt
10	4	NUT.5LOCK	1/2" Thick Lock Nut
11	1	H-NAMEPLATE	Name Plate
12	4	H-BENDCAP	Bullet Cap
13	2	H-RUBRNG	MM5 Ring
14	2	SELECTOR PIN-4	SELECTOR PIN 4 INCH
15	8	H-HPLUG	9/16" Hole Plug

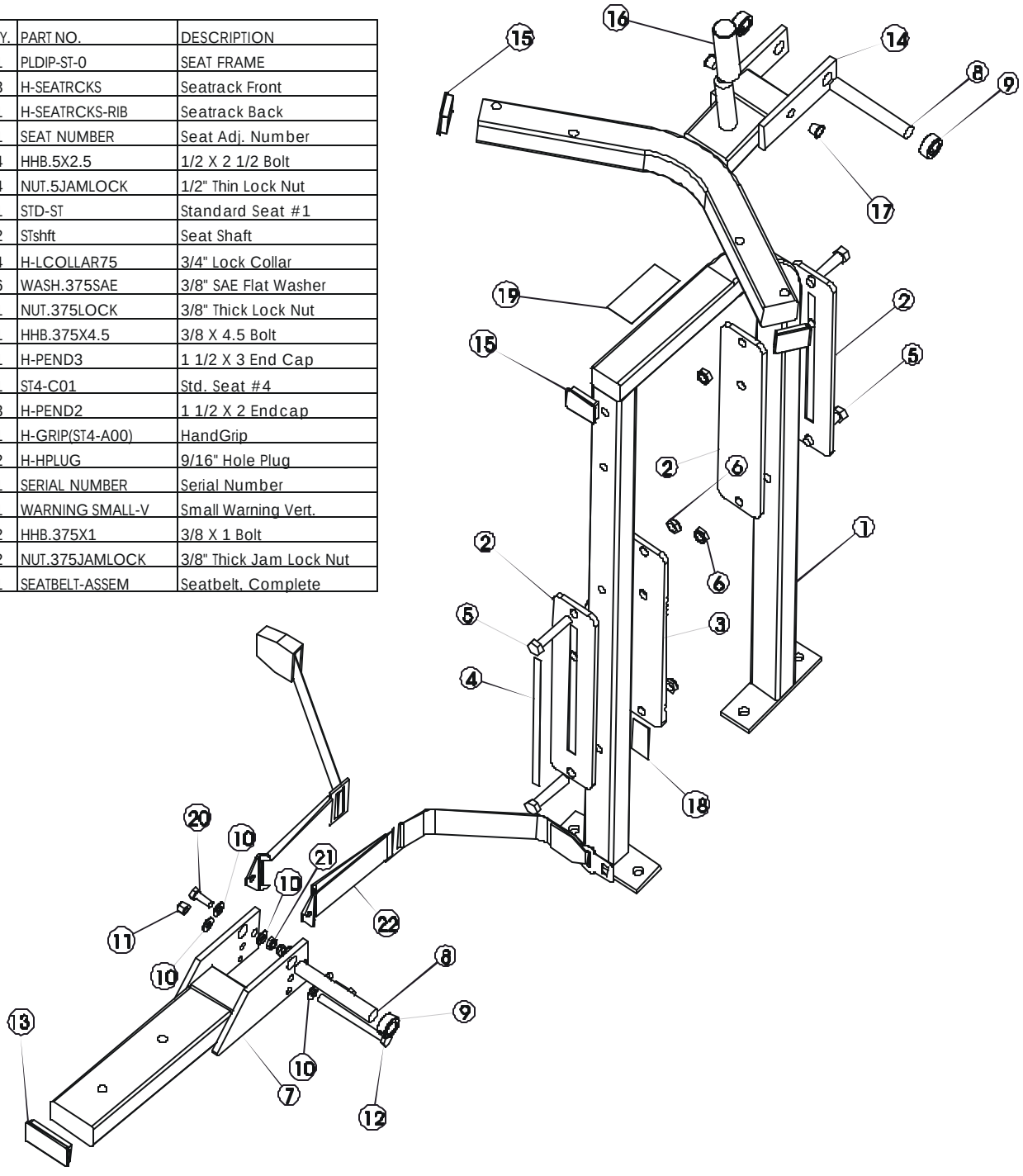
HAMMER STRENGTH EQUIPMENT
PLDIP - Side Frame



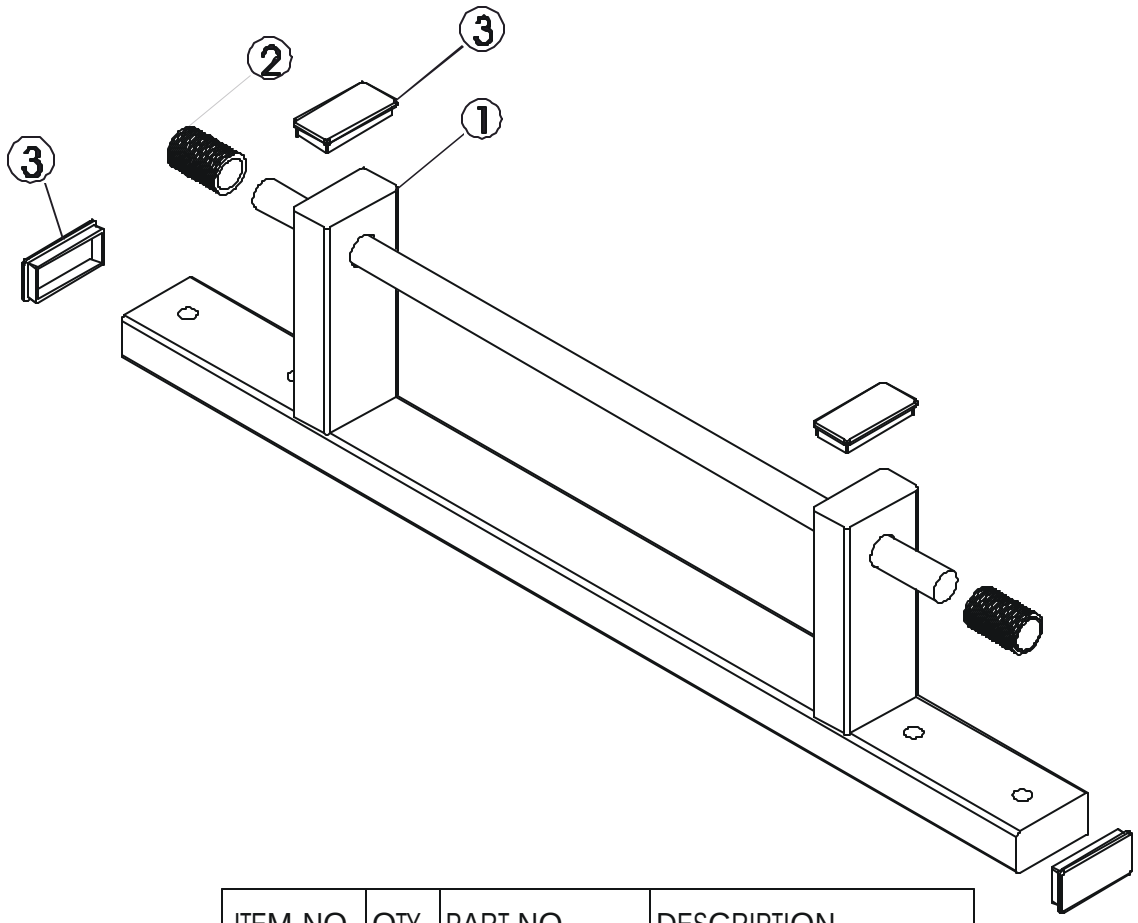
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLDIP-SF-0	SIDE FRAME
2	1	H-PEND3	1 1/2 X 3 End Cap
3	1	H-NONSKID1	1 1/4 X 9 Nonskid
4	5	H-HPLUG	9/16" Hole Plug
5	1	STAY CLEAR	Stay Clear Decal
6	1	H-BUMP-MED	MM2 Medium
7	2	WASH.5SAE	1/2" SAE Flat Washer
8	2	NUT.5LOCK	1/2" Thick Lock Nut
9	2	WASH.5STAR	1/2" Internal Lock Washer
10	2	HHB.5X4.5	1/2 X 4 1/2 Bolt

HAMMER STRENGTH EQUIPMENT
PLDIP - Seat Frame

ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLDIP-ST-0	SEAT FRAME
2	3	H-SEATRCKS	Seatrack Front
3	1	H-SEATRCKS-RIB	Seatrack Back
4	1	SEAT NUMBER	Seat Adj. Number
5	4	HHB.5X2.5	1/2 X 2 1/2 Bolt
6	4	NUT.5JAMLOCK	1/2" Thin Lock Nut
7	1	STD-ST	Standard Seat #1
8	2	STshft	Seat Shaft
9	4	H-LCOLLAR75	3/4" Lock Collar
10	6	WASH.375SAE	3/8" SAE Flat Washer
11	1	NUT.375LOCK	3/8" Thick Lock Nut
12	1	HHB.375X4.5	3/8 X 4.5 Bolt
13	1	H-PEND3	1 1/2 X 3 End Cap
14	1	ST4-C01	Std. Seat #4
15	3	H-PEND2	1 1/2 X 2 Endcap
16	1	H-GRIP(ST4-A00)	HandGrip
17	2	H-HPLUG	9/16" Hole Plug
18	1	SERIAL NUMBER	Serial Number
19	1	WARNING SMALL-V	Small Warning Vert.
20	2	HHB.375X1	3/8 X 1 Bolt
21	2	NUT.375JAMLOCK	3/8" Thick Jam Lock Nut
22	1	SEATBELT-ASSEM	Seatbelt, Complete



HAMMER STRENGTH EQUIPMENT
PLDIP - Top Cross-Member



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLDIP-TX-0	TOP CROSS MEMBER
2	2	ACCORDIAN	Shaft Guard
3	4	H-PEND3	1 1/2 X 3 End Cap